

## Household Commodity Fact Sheet

**CORN, FRESH**

Date: April 2009

Code: F210

**PRODUCT DESCRIPTION**

- Fresh corn is U.S. No. 1 or better whole ears of corn with the husks removed.

**PACK/YIELD**

- Fresh corn is packed in 1-pound bags.
- There are about 3 to 4 ears of corn in a pound. 2 ears of corn is about 1 cup of corn kernels.

**STORAGE**

- Corn may be stored in the refrigerator for up to 5 days.
- Cooked corn may be frozen at 0 degrees F for up to 6 months.
- Look at the "Best if used by" or "Best by" date on the package
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:  
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

**PREPARATION/COOKING**

- To remove the corn kernels, place the ear of corn in a shallow bowl with the stem end inside the bowl. Hold corn firmly and with a sharp knife, cut kernels from the cob.
- To boil: Bring a medium pot of water to a boil. Add corn, cover, and cook 5 to 7 minutes. Drain well before serving.
- To microwave: Place 2 to 3 ears of corn in a microwave-safe dish with 2 tablespoons of water and cover with a lid. Microwave on high (100% power) 4 to 6 minutes.
- To freeze: Boil the corn, rinse in cold water, and store in airtight containers or tightly closed plastic bags at 0 degrees F.

**USES AND TIPS**

- While corn is most often eaten cooked, the kernels can be cut off and eaten raw in salads or cold side dishes.
- Corn is a tasty side dish and can be eaten right off the cob after cooking.
- Kernels off of the cob and use in casseroles, soups, stews, as well as, in salads and salsa.

**NUTRITION INFORMATION**

- ½ cup of raw corn (about 1 ear) counts as ½ cup in the MyPyramid.gov Vegetable Group. For a 2,000-calorie diet, the daily recommendations is about 2 ½ cups of vegetables.
- 1 ear of corn provides 10% of the daily recommended amount of fiber.

**FOOD SAFETY INFORMATION**

- Keep corn that is going to be eaten raw away from other foods such as raw meat, poultry, or seafood and from the kitchen tools used with the meat, poultry, or seafood.

**OTHER RESOURCES**

- [www.nutrition.gov](http://www.nutrition.gov)
- [www.commodityfoods.usda.gov](http://www.commodityfoods.usda.gov)

**NUTRITION FACTS**

Serving size: 1 ear (90g) fresh corn

**Amount Per Serving**

<b>Calories</b>	80	<b>Calories from Fat</b>	10
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**% Daily Value\***

<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 10mg	<b>0%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 2g	<b>10%</b>
Sugars 3g	
<b>Protein</b> 3g	
Vitamin A 4%	Vitamin C 6%
Calcium 0%	Iron 2%

\*Percent Daily Values are based on a 2,000 calorie diet.

**FRESH CORN SALSA****MAKES ABOUT 6 SERVINGS****Ingredients**

- 4 ears fresh corn, kernels removed
- 1 cup green pepper, chopped
- ½ cup red onion, chopped
- 2 tomatoes, chopped
- 2 garlic cloves, chopped
- 2 tablespoons lemon juice or vinegar
- ½ teaspoon black pepper
- ¼ teaspoon salt

**Directions**

1. Combine all ingredients in a large bowl.
2. Refrigerate for at least 1 hour before serving.

**Tip**

This salsa can be used as a dip for tortilla chips or as a topping for fish, poultry, or meat.

**Nutritional Information for 1 serving (about ½ cup) of Fresh Corn Salsa**

<b>Calories</b>	70	<b>Cholesterol</b>	0 mg	<b>Sugar</b>	4 g	<b>Vitamin C</b>	31 mg
<b>Calories from Fat</b>	5	<b>Sodium</b>	110 mg	<b>Protein</b>	2 g	<b>Calcium</b>	14 mg
<b>Total Fat</b>	0.5 g	<b>Total Carbohydrate</b>	15 g	<b>Vitamin A</b>	27 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	0 g	<b>Dietary Fiber</b>	3 g				

*Recipe adapted from Recipezaar.com.*

**ROASTED CORN ON THE COB****MAKES ABOUT 4 SERVINGS****Ingredients**

- 4 ears fresh corn on the cob, with husks removed
- 2 tablespoons margarine, melted
- 2 garlic cloves, chopped
- 2 teaspoons black pepper
- ¼ teaspoon salt

**Directions**

1. Preheat oven to 350 degrees F.
2. Tear off 4 pieces of aluminum foil (enough for each piece to wrap 1 ear of corn). Lay each corn on the aluminum foil.
3. In a small bowl, combine melted margarine, garlic, black pepper, and salt.
4. Pour mixture evenly over each corn cob evenly with margarine.
5. Wrap each corn cob in aluminum foil and place on a baking sheet.
6. Bake 15 to 20 minutes, turning once.

**Nutritional Information for 1 serving (about 1 piece) of Roasted Corn on the Cob**

<b>Calories</b>	130	<b>Cholesterol</b>	5 mg	<b>Sugar</b>	3 g	<b>Vitamin C</b>	7 mg
<b>Calories from Fat</b>	60	<b>Sodium</b>	160 mg	<b>Protein</b>	3 g	<b>Calcium</b>	11 mg
<b>Total Fat</b>	7 g	<b>Total Carbohydrate</b>	18 g	<b>Vitamin A</b>	67 RAE	<b>Iron</b>	1 mg
<b>Saturated Fat</b>	2 g	<b>Dietary Fiber</b>	3 g				

*Recipe adapted from Recipezaar.com.*